

Chicken Patties

Makes: 6 Servings

This recipe uses unsalted tops crackers. Crumble or crush unsalted tops crackers and use in recipes calling for breadcrumbs.

Ingredients

- 2 cups** canned chicken (drained)
- 20** unsalted tops saltine crackers (crushed into pieces)
- 1/4 cup** light mayonnaise
- 1/4 cup** onion (chopped)
- 2 tablespoons** lemon juice
- 1/4 teaspoon** black pepper
- 1 tablespoon** vegetable oil

Directions

1. In a bowl, combine chicken, cracker crumbs, mayonnaise, onion, lemon juice, and black pepper. Shape into six patties.
2. Heat oil in a large skillet; cook patties over medium heat for 2 to 3 minutes on each side or until golden brown and heated through.

Source: Recipe adapted from Food.com

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	12 g
Saturated Fat	2 g
Cholesterol	40 mg
Sodium	480 mg
Total Carbohydrate	8 g
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	2 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	